

INTRODUCTION TO

“LIFE ADJUSTMENT FOR
MARRIED PEOPLE”





Eleventh Edition.

Sister Doull is pleased to present this latest Edition. She has been advertising for over five and a-half years and as yet no one has been disappointed.

This book is free, but a charge of six stamps is made to cover somewhat the cost of handling, postage, circulars, etc.

INTRODUCTION

I am pleased you have written, and hope you will write again when you realise what Life Adjustment can do for you.

If it is of no use to you, when you have read it carefully through, will you kindly send it to someone you know who may be glad to have it?

All I mean by Life Adjustment is to teach you to help yourselves. Life Adjustment is sex-determination. With Life Adjustment I give the only safe contraceptive known to science. Do not be as dumb cattle, which have to take everything with philosophy.

Many people do not care to do things because others do not. They must be kept company—they are afraid to be alone, and they will follow blindly wherever others may lead them. Ignorance is at the root of it all. The cattle, in the heat of the day, lie down in the shade; the reaper takes up his scythe and goes to work. The human animal lies down in the shade and stares roundly at nothing—inertia would set its foot on progress. Seed is good, bad or indifferent—thus one of the best writers of the day puts it. Life Adjustment does away with all ignorance—away with all shams. Have light in your lives. It will bring husbands and wives to a fuller understanding. Everything that leads to a higher plane of living is good.

Murderous intentions often enter a woman's heart, when she has child-birth thrust upon her by a drunken husband or one totally unfit to become the parent of a child, through disease of mind or body. Do the Government allow relief for these unfortunate ones? It is a lamentable fact they do not, because it is too great a task to tell for sure the real from the imaginary. We should have clinics provided to deal with these matters, to enable doctors to deal with these cases. Individually if they had Life Adjustment there would be no need for worry. One of these nerve-racked women, said to me when she had purchased my book, "Thank God! for the hope you have given me, I love my husband, and want to keep his love. I shall tell others of the truth of Life Adjustment, and they will not grope in the valley as I have done."

If an expert on physical perfection could be obtained to determine the suitability of marriage, how much misery would be avoided. Identity of tastes and temperaments should be studied, and above all avoid deformity. Especially in the hips and back. If a marriage takes place under those circumstances, only trouble can be expected when the responsibilities of marriage come along. No woman so shaped can be expected to carry a child. There is no room for the child to grow. The kidneys at once become congested and constipation sets in, making things even worse. You will notice that these girls have a dislike for all good wholesome foods. They indulge in chocolates, baked peanuts and ice creams. In fact everything that undermines the system. How can a man expect a perfect wife and mother from such material. Yet in my opinion, these girls take off the prizes in the marriage market to-day. Is it any wonder you hear men say, "The wife's health isn't what it should be," or "The wife is in the hospital again."

I have worked on this for a number of years. A medical ancestor of mine in 1825 started Life Adjustment. It has been handed down from mother to daughter, each learning more as the years went by.

It has been hard; money spent like water doing what scientists could never do, practising personally the theory. It has not only been research, but personal sacrifice, heart-breaking disappointments, until I claim now that I have cleared up the last doubt through my personal experience as well as that of those who have gone before—and my mother is 87 years of age, hale and hearty, with not a bad vein, and is so active she is a wonder to everyone. All my family are healthy and long livers, and we

follow Life Adjustment closely, so that will tell you how harmless the preventative is. Worry causes all sorts of disorders. You need not worry with my book in your possession.

Lately, seeing the troubles in the homes I enter, I feel I must tell the world this great discovery. Up till now people marry and have a child. They say, "We want a son"; but it turns out to be a daughter. They had to take what came and be thankful. Life Adjustment does away with all this. **WE HAVE WHAT WE WANT, AND WHEN WE WANT IT.**

At long last we are above the animal world. I shall tell you how it was discovered—why twins are sometimes of different sex, why there are more daughters born than sons.

Some women fail to bear daughters, others sons. Life Adjustment will tell you how to put this to profit. It is good to know, but it is only obtainable through me.

I am going to make this as easy in price as I possibly can, although it is costing a lot to get it known, but I do not mind that, providing you can all get the benefit of it.

Tell me anything that is worrying you. Everything will be absolutely confidential. I do not want you to tell everyone when you send for the secret. It is yours, but not to give away or sell. No one thanks you for what they get gratis. In a matter of this kind only nasty things are said. Some narrow-minded people hate to think they owe you any thanks.

I rather like to see healthy parents with a nice-sized family, but not too big; it shows lack of thought and control. When they are healthy little ones it is not so bad, but delicate, puny, miserable children are heart-breaking. To quote Deeping: "The great heart of the world demands children." Talk of a house without children as a house without windows. What use is a window stuffed with rags? These children only keep institutions open for the sick in mind and body.

I have over 1,000 testimonials to say everything has been proved 100 per cent. perfect, and am receiving letters every day saying how pleased my clients are with the book and how plainly everything is explained—no groping after the meaning hidden in a lot of big words.

If you follow my simple directions, which are so logical and sensible you cannot possibly have the slightest disappointment.

CHAPTER 1.

SEX DETERMINATION

Would you think in this enlightened country, when science does such things for us, that people are content to abide by taking what comes? The very reason is that there has been no one in whom they could trust to make a life—not only one life—study of it. I have practised among my relations (and my relations before me have done the same) with complete success at last. There are no mistakes if directions are followed. Imagine the money that is paid to nursing homes to have a son when the parents long for a daughter. It seems improbable that any father and mother would risk having another child if they wished for any particular sex, when they don't know of Life Adjustment.

The misery of accident children! A wanted child is a loved child. Children are the backbone of this dear country of ours.

Is it any wonder boys act as girls and vice versa when for nine months their little hearts have beat beneath the mother's hoping all the time for a daughter when it was actually a son. Lately mothers want wee daughters, like our bonny Princesses. It is going to have a sad effect on the sons born.

These guesswork, accidental children are a mistake. If you were doing some important work for your country would you allow it to be done by guesswork? The country is wanting sons. No fascination of the lucky packet, bran tub dip should control the greatest work done for God, King and country. When you write be sure and tell me whether you want a son or a daughter. I like to know, and take a keen interest in hearing of the arrival.

When young people know that they can have a son or a daughter whenever they want it, and no mistake in sex, they will have them—and when they have a nice family they will prevent with decency and cleanliness, with little cost of money and no loss of health.

TESTIMONIALS.

When I married a well-to-do man I thought I should have everything I wanted! but when three daughters arrived one after the other, and both my husband and I so much longed for a son, I found that money wasn't everything. Then I met you, Sister. How timid was I; but, oh! how I hugged you when

that sturdy son arrived. And now another farmer has come to order. Now I can for a time use your other advice. Thanks, again and again.

I followed your instructions to the letter, and got over the confinement with only half-an-hour's pain. It was a girl all right. and dark hair and blue eyes. You are a dear friend. Trusting you will be spared a long time to carry on your good work.

Our baby girl arrived as you said she would, so bonny, weighing 8½lbs. We have named her after you—"Janet."

Life Adjustment has been the means of making hubby and I the happiest couple in the world. We followed your birth control advice safely for four years, and then we wished for a wee daughter. We followed your instructions, and she arrived safe and sound—without the slightest trouble, thanks to your advice. Wishing you every success. Would be willing to write to anyone doubting it.

Just a few lines on this peaceful Sabbath morn. I am over my waiting time and have the lovely daughter I wanted. She arrived suddenly on Thursday morning. I had only an hour to get up, dress and go to the home, and it was all over before doctor came or the nurse was at my side. Baby is lovely and weighed 8½lbs. The whole family is delighted over it. I am feeling so well. How can we thank you, Sister?

It is many months now since I received your book and found it very clear and easy to understand, and more so to see that you are not ashamed to mention Jesus. I am writing more to tell you that we have our wish—that we have a darling little daughter, and now I hope to make use of your other advice, which is indeed so simple and easy. Thank you very much for your true and kind advice.

I could not have a child for four years, and after receiving your book and letters I at once began to feel so well and strong. I wanted a daughter, and to our delight she came, with only half-an-hour's pain. I have been following your advice since, and it is all you say it is—safe and healthful. We cannot thank you enough. I wish everyone knew of you. So many people doubt circulars and advertisements, and it is a delicate subject to speak openly upon. I wish it were not so; more then would hear of you, the greatest blessing any married woman ever had. These rubber abominations should never be allowed in this country. Several I know have bought your book for sex in children, and all have been right. It is worth a million, Sister.

I am glad to write and say that my baby boy arrived to order. No trouble at all. I am so excited. Fancy, if I had not heard of you I should have had an operation to cure me of nothing but weakness. I am now in the best of health, and trust many women will soon have the pleasure of knowing you.

To whom it may concern: I have followed Sister Doull's advice, and have three children the sex I wanted, and no mistakes. I am also feeling much better since I followed her way of prevention. What I want to know is: "Why isn't everyone told this way?"

The baby boy arrived safely and suddenly on Sunday. Sudden was right. It seemed unbelievable, but there you were right, for I hardly got on the bed before he arrived, safe and sound. I advise all women to follow your diet and directions.

I am a true believer in eugenics and birth control utilised for the good of the community. I have already read several treatises on the subject, but your book seems to surpass all these in parts. I have read "Science of Life," by H. G. Wells, and there Wells predicts it would soon be possible to regulate the sex of children. We want a son, and from my correspondence with yourself and those you have already helped, I am confident of success.

Later.—The son arrived.

I lost child after child for ten long years. All of them the doctors said or thought, were sons. I wanted a daughter—perhaps I could carry it. Sister Doull told me what to do. I had a daughter, also still-born. It was awful. I wanted to die. Sister then told me of a disinfectant which she makes, called "Sister Janet Doull's Reliable Remedy, Dourol," to kill the germ of abortion. I used it, and have a live daughter now. How ever can I be grateful enough for my lovely child?

This is my fifth letter to-day telling everyone about our baby son. We are so pleased, and you were quite right in all you said. He was born on 9th April and the confinement was an easy one—short pains and long rests, and quick, too. I had no chloroform and feel very well indeed. We are both pleased with him. I must thank you for him, for we could, both of us, have had such a hard time but for you. Love from, etc.

Life Adjustment and the predetermination of sex theory, which Sister Janet Doull gives, has been carried out with perfect success in my family for many years.—Extract from eminent lawyer's letter.

I want to tell you how I got on with my confinement. I followed your instructions as closely as I could, and feel delighted to be able to tell you, Sister, dear, that I had a very quick confinement. You were right in all you told me, and I astonished everyone, too—especially as before I had such long hard labours. I thought of you all the way through, and it is a sweet baby boy, just what I wanted, as I had three girls. Your Dourol gets everlasting use in the house, and I find nothing to equal it. Its soothing qualities are wonderful. No home should be without it.

I am pleased to say our little son has arrived before the doctor. We are so proud of him, and so is our little girl. As you know, she arrived by your advice. We have a lot to thank you for. Your preventative has kept me right for ten years. My little girl is six years old now and is a good help to me. My sister-in-law has a daughter by following your advice. She is such a lovely baby, just four months old. I advise everyone I speak to, to send for your book.

You will be pleased and somewhat relieved to hear that the infant son arrived this morning well up to time. Its father is delighted. He is 8½lbs., quite fleshy, and evidently a big child in spite of the fact I have done my own work.

Just a line to let you know I have a little daughter three days before Christmas. It is over 2 years since my husband had his turn of pneumonia, so we waited until he was strong enough. I am glad to say he is keeping fine and is so proud of the wee girl, as we have two boys.

Are you still carrying on this good work? Let me know if you are. I often think of you and wish others knew of your advice, but it is an awkward subject to discuss as people look at it from all ways, but I understand your books thoroughly. I thought you would like to hear that the little girl arrived as you said.

CHAPTER 2.

BIRTH CONTROL

Is it any wonder that our Borstal Institute is full when I have heard parents say: "I hate you: Get out of my sight! I never wanted you!" Do they care if they steal, or worse, so long as they do not ask their aid? Gun fodder they may make, but they could not be trusted even in the trenches; and girls born of such parents soon become a burden on the country. I will not say that no child should be born unless it is wanted, because they bring love with them to the right parents, making a sign for every man or woman who is healthy that they are strong in life, virility and vitality. Having a family of three or four lovely children when it is known what is coming has some excitement.

But unhealthy parents, those who are suffering from hereditary troubles, should not have children. Why give the mother the agony and expense of bringing suffering and death-doomed children into the world? In my work I have discovered that in every home there are preventatives used of more or less frightfulness. Life Adjustment deals with these separately, telling of the wrong each one does. Life Adjustment does not hold with most patent preventatives—it believes in the scientific way of saving yourself, with no harm to children coming afterwards; and much more sure, as the patented article contains usually an irritating acid. There is no sacrifice on the part of the man or the woman—all joy and love.

Many patent preventatives are filling our asylums and nerve hospitals and causing tubercular trouble in children's limbs, bad eyes, meningitis.

Women throw away the love of a good man for fear of having children when it is his very love for her that makes him wish to be near her. Run and meet your husband and not be afraid. Send for this revelation, and both be as free as air.

God has given us a great gift. Let us use it well in His service. But it is well known that He helps those who help themselves. Do not let us blame Him for everything. He gives us brains and hands to help ourselves. Remember, "God is love," and what joy is there in life without love? Very little! Your health will at once improve—health perhaps injured for the time being through doing or using something which you thought was right to use, but which has been undermining your strength, causing weakness in the man after a time, sterility and ulceration in the woman.

A sound, sure, preventative such as mine in your possession will allow a fit time to be chosen for the conception of the child.

Let me help you in a truly scientific way. No sacrifice on the part of the father which later on causes weakness, bad memory and bad headaches. Throw away monstrosities which often cause ulceration in the woman through being unclean and irritating. Let me teach you how to get every thrill out of life, whilst enjoying the peace of mind that comes from knowing you are doing the right, safe and only sane thing.

You may think life of that sort is over for you. Not a bit of it! If you think that it is because you have never really lived yet. Men and women who know what joy real mutual love and marital embrace means, never die. They may be old in years, but they are admirable old people—their hearts are young, and how they love to see the young folk enjoy themselves.

Some folk crawl through life, never knowing deep feeling of any kind, unless it be hate, and I doubt if they are capable of that. They grow bad-tempered, jealous, withered up. But those darlings who have really lived never lose the twinkle in their eye—never die, for their names and sayings live for ever.

You pay large sums of money for a dress or hat. It rains, and they are spoilt. You put the same amount on a horse, and you lose it. You pay £4/4/- for a quarter's music, and may learn very little; £5 for a dog, which may prove useless. Will £3 make you happy for life? I don't think so—but Life Adjustment will. My system will last good for ever. It can be handed on to your children, and you will have the pleasure of seeing loved ones living the right way and not suffering from the ignorance you laboured under in your early married life—withdrawal, that man killer; so many drift into this odious way of preventing pregnancy. Later on they will reap what they are so desperately sowing, troubles and suffering as countless as the fallen leaves in autumn.

But our young married couples enter upon their new sphere of life quite ignorant of how to settle their sex questions. This ignorance is the rock that wrecks their lives in many cases. They hear of this and that in the worst places—hotel bars, in and around clubs, and over garden fences.

They little know that these very people are often passing on something that has ruined their own lives, and these awful people's advice is taken up by some of our best citizens. It leads to sickness and death.

Sex is the fruit and the tree of life. There is no shame, if not abused.

The preventative is so safe, so harmless to health, and yet so mild as not to destroy the electricity passing from one to the other, which, if missing, would make an unnatural connection. All other preventatives destroy this valuable necessity, which causes the health to break down. There is no water douching necessary, nothing to wear, no boracic acid, no dates for this birth control.

It is, however, as safe as the Bank of England for the one purpose for which it is used.

TESTIMONIALS.

I can assure you your preventative was used, and nothing else, on all occasions. It is all you say, and both of us can state we never felt so well before. I shall always keep you in mind, and now we have given Life Adjustment a genuine trial I feel it is a much surer investment than a bank account. We have not one fear now, and are as happy as it is possible to be in consequence, and that is saying a lot these days.

We have found Life Adjustment a wonderful help to us both in many ways, and feel we cannot repay you for all you have done for us. It is so easy to understand, too. I hope you will help many others as you have done us.

We have both benefited by the use of the preventative. We have always been happy together, but lately I have noticed a new thoughtfulness towards me. All thanks to you, dear Sister Doull.

We have abandoned all fear; consequently we have much more pleasure. What a tremendous task you have to help us all. It seems to me that the very things that are vital to the many problems one hears such a lot about to-day are not given any encouragement at all, and yet no trouble is encountered to obtain these spicy sex novels on the market. It makes one think the authorities don't wish the people to acquire the real facts. I do appreciate your sympathetic understanding. I expect you think I am horribly frank about this subject, but that is the only way one can know, and it is you that have brought about this excellent, lovely feeling which exists now between my wife and myself.

Your book and letter came to hand, for which I thank you. I certainly am pleased I sent for it in response to a circular received. I have found much useful information which was new to me, and all intensely interesting and instructive. Your book would have saved a considerable amount of worry and anxiety had I possessed it earlier—but my two children will profit by it. Although I have made a large collection of sex books, yours contains far more useful and practical information than the lot combined. I shall be pleased to pass on the circular to a friend. Wishing you every success.

I saw your advertisement in the ———. I shall ever be grateful to that journal for sending you to us. Neither of us was well, and now we are as happy as it is possible to be. Why didn't you advertise before, Sister? The world is waiting for someone like you.

I think you are an angel of mercy to me, and a genuine one. My opinion is that if more people had your book there would be less divorces. For in mutual adjustment there is true happiness.

Now, as regards your Life Adjustment. It is simply fascinating and wonderfully plain. Now I have prepared everything I must say I have brightened up, for it seemed a case of everlasting having children or leading a more or less cat-and-dog life with my husband. I am so satisfied with it all. It is so simple.

You will probably be thinking long ere this that we are ungrateful recipients of your "LIFE ADJUSTMENT." That is far from the case, for after having given your wonderful preventative a thorough trial over several months, we are more than delighted with the added joy brought into our lives through its use.

It is all you claim for it, and money cannot cover its worth.

All we can do is to thank you very, very much indeed and count ourselves very lucky to have noticed your advertisement.

After years of illness and knowing that every child I had meant a case of life and death, I can now rest happy knowing I am safe. I only hope others like me will sooner or later find your little advertisement and get the happy and wonderful results that I have.

I have used Sister J. Doull's B.C. System now for six months and I find it really genuine, for which I can't express my thanks sufficiently and would recommend same to everyone.

I have much pleasure in testifying to the worth of your book, "LIFE ADJUSTMENT." It may be small, but all that is necessary is in it in language all can understand. If your advice is followed it will be impossible to have failures.

I have to extend my hearty thanks for your last letter. I have often longed for an open, frank friend such as you are. We both—my fiance and I—feel you have done us a real and genuine service in giving us your advice in "Life Adjustment." God bless you and your service to humanity. I have studied and read a good bit of this big question, "Sex," and now your help and friendship have come to practically crown my knowledge. I maintain if young people were taught, especially by parents, there need be no previous experience before marriage. Ask yourself how many parents tell their sons and daughters what you have told us. But thanks again.

Hamilton, 15/7/35.

Dear Sister Doull,—

Just a few lines to say that our baby daughter arrived on the 6th of April, and is doing very well. My undergoing an operation for appendicitis, seven months ago, does not seem to have affected her at all. I had a very easy time, and she weighed 8 pounds. I must congratulate you upon your sex determination. It worked well in our case. We have a nice family now—two boys and a girl—all healthy and happy, for which we are very thankful. We thank you very much for all your good advice, and hope you will be long spared to continue your great work.—Mrs. E.E.O.

CHAPTER 3.

HEALTH

There is nothing so discomfoting to man as the loss of virile power. He may not be a sensual being, yet manhood is a pride to him. Healthy genitalia gives mental composure, acuteness of intellect, graceful and easy manners.

Weakness is therefore a deplorable condition. There is a higher motive in the possession of virile power than the ability to gratify amorous passion. If that alone gives chief value to virility its loss would be but inconsiderable. But vigorous manhood should be cherished even by the most virtuous man.

Healthy functions of the genital organs are as requisite to the whole organism as healthy action of the thoracic and abdominal organs, digestive or circulatory apparatus.

Life adjustment tells you how to cure yourself, and then you set out on a fuller, happier life altogether. Prudery is nastiness. This is very wrong, for everyone should know how to regulate their family according to their means and health. But the greatness and importance of marital relation are not really understood by the majority of married people. It is not only to legalise the sexual covenant that we should marry, but to prepare carefully and religiously that each should be perfect. The best man would naturally want for his wife the best woman—a good and healthy woman—so their children may reasonably expect health and good looks—physical, moral and mental perfection.

TESTIMONIALS.

It is with great pleasure I am at last able to write and say for the benefit of those who doubt your advice. I have every confidence now. I am now quite well and nine weeks pregnant. I have put on weight, one and a-half stones. But I wrote to you I was so weak and depressed. I am now free of all that. You can well imagine our happiness and delight. I trust everyone needing help as I did will follow your advice closely, as I did, and they will be well repaid. Hubby was so pleased. I think if more people were as kind as you are, Sister, this world would be as God meant it to be, a pleasant place to live in. What a consolation, though, to know what happiness you have given to married people. We have also used the cattle chart, with perfect success. I trust God will bless you in your wonderful work. I pray for you, Sister, and feel sure it will be answered. I have been rewarded for my prayers. It makes me shudder to think I might never have heard of you

Dear Sister Doull,

I must send you my photo. Hubby says also he has been able to stand up to the extra work this winter and feels well all the time through your advice to him. I will be pleased to write to any woman suffering with vagina and ovary trouble and advise them to send for your book.

I have been using your advice. The pains I had are much easier already. It cost me £7 to ease my pain, and received no benefit whatever. I was getting so thin, too, but I am feeling much better now.

Later, the same lady writes: I am quite well now.

It was nice to hear from you again, and to know you're still interested in me. Your treatment has been a huge success. When I think of the miserable woman I was when first I wrote you, and now not one single thing is the matter with me.

CHAPTER 4.

CHILDLESS

I have found that women who could not have a child at all, and others who could not carry one, have been made all right by following "Life Adjustment," and they have had the son or the daughter they wished for. Since starting to advertise I have had my best and happiest letters from these people. Many now have their child, others are expecting, whilst the rest do not mind—their health has so improved. They are delighted; all depression and morbidness a thing of the past.

TESTIMONIALS.

I cannot find words enough in my heart to thank you for what you have done for me with your advice in helping me to have my baby. I was told that I would not be able to have any more children as I'd lost five. I was beginning to give up hope, thinking it was useless, and then I was told about you, and both hubby and I are so grateful and happy to think that soon we are to have our heart's desire. Thanking you once more.

Later the same lady writes: After all these years I have had my dream come true. My lovely baby girl has arrived, and she is healthy and strong. Sister Doull has done more for me than anyone, and we are both very grateful to her.

CHAPTER 5.

CHILDREN'S GUIDE

One reads constantly of the wrong done to children by allowing them to hear of sex questions through the ignorant and low-minded. From personal knowledge I know that too much is told children. I shall endeavour to point out the only way of enlightening a child of tender years in Life Adjustment.

TESTIMONIAL.

A Bulls resident, says inter alia.

I think it (Life Adjustment) will be famous one day, Sister Doull. A great reward for all your work. I must thank you for the advice about the children, it is easy to explain, the way you put it and where I used to have a guilty conscience about those evasive answers and half-lies, I feel quite happy now I have something definite to go on.

PRESS COMMENTS.

That New Zealand will be privileged to lead the way in a question that has up to now completely baffled the world is the opinion of Sister Janet Doull, of Napier, who is at present staying in Auckland. Moreover, she supports her contentions by producing hundreds of testimonials from delighted clients that she has completely mastered the numerous complexities of Birth Control and Sex Determination. Sister Doull is able to produce evidence that conclusively proves that the advice on these matters is followed by 100 % satisfaction. The study of these momentous subjects has been followed by this lady's family for nearly a century. The pitfalls have been many, but with that indomitable spirit that refuses to admit defeat, the family have succeeded in finding the solution of a problem that has been in the forefront of human thought since time began. One of the biggest difficulties experienced by Sister Doull has been that of making known her amazing discovery. To a great extent this difficulty is now being overcome, for public opinion is being educated to the wonderful prospects of this lady's work. Surely there is right in the proverb: "Truth will out."—(Northern Advocate).

Sister Janet Doull, of Napier, is at present residing in Auckland, and is the author of an invaluable book, "Life Adjustment For Married People." A visit to her consulting room, a chat with the Sister, and a perusal of some hundred spontaneous testimonials from people all over New Zealand and Australia, convinces one of the absolute genuineness of the claims and systems recommended. With this wonderful book in their possession, it spells happiness for any married folks and what a wonderful wedding present for couples commencing married life together. It practically assures the success of their new life. Having this priceless knowledge dispels the worries of sex life, known so well and means for both parties better health and sexual happiness.—(The Northland Tribune).

Staying in Auckland at present is Sister Janet Doull, of Napier, well known to readers of this journal for her advocacy of methods of birth control and sex determination, which have been the subjects of special study in her family for many years. Sister Doull's claims to the accuracy and reliability of the methods she presents are supported by a large number of New Zealand testi-

monials of undoubted sincerity. Touching as it does both the quality and quantity of human life, the subject is one which must engage the attention of all ranks of society.

Before man can exercise any effective control over the quality of human life, he must be able in some measure to control its quantity also. He must also be able to determine not only the number of children in each family, but also the intervals between each birth.

The growth of physiological knowledge concerning the conditions under which fertilisation normally occurs, and of the means by which it can be prevented, has placed within man's reach the possibility of controlling the number and rate of producing of offspring. This is a necessary step towards the attainment of control over the quality of offspring produced. But it is also essential that this knowledge should be applied to worthy purposes. It is freely admitted that this knowledge may be used and, in some cases is at present being used, for selfish and unworthy ends. The remedy, however, does not lie in the curtailment of knowledge, but its wider spread to all sections of the married population, poor as well as rich, and this is the mission which Sister Doull has set herself to fulfil.—(New Zealand Farmer, August 1st, 1933).

An interesting visitor to Wanganui is Sister Janet Doull, of Napier, who is spending a few days here on her way north. During her stay in this city she has helped many friends. She has a charming personality and one is attracted by her earnestness in desiring to help the women of this country to better health, a work in which her whole heart and soul is centred. Sister Doull, who is a competent nurse, is the author of "Life Adjustment For Married People." During a brief chat yesterday she spoke of her work and mentioned that an ancestor of hers, in 1825, started life adjustment, and the knowledge has been handed down from mother to daughter, each learning as the years went by. This has meant research, money, personal sacrifices. Through her own experiences following on from those who have gone before, no doubts are left as to the value of the work. Sister Doull spoke fluently of her experiences, the sad cases she meets everywhere, and feels that she must tell the world of this great discovery. One is impressed with her earnestness and endeavour to enlighten the people. After reading her little book, which is unique, and becoming better known in New Zealand and Australia, one is convinced of the fact.—(Wanganui Chronicle).

Extract from
THE NEW ZEALAND DAIRYMAN

August 1935

When the building occupied by Messrs. Woolworths Ltd., Auckland, was destroyed by fire, Sister Janet Doull, who occupied the adjoining premises had the misfortune to have the whole of her stock of books seriously damaged by fire and water, thus necessitating a fresh issue of her book, a copy of which has been forwarded for our perusal. Sister Doull is convinced that the most of the tragically unhappy marriages have their source in the lamentable lack of knowledge of sex problems as possessed by most people. With this idea in mind she wrote and compiled "Life Adjustment for Married People," hoping by this means to help numbers of people who, through this want of knowledge are prone either to consult "quacks" or to dissolve their marriages.

In her book, Sister Janet Doull gives a great deal of information which many people, discover too late in life to prevent the many misunderstandings, which have already destroyed their Marital happiness. Those who think this book caters for the prurient minded will be disappointed as its sole object is to deal with vital questions that for some reason young people rarely have explained to them.

We are sure that when placed in intelligent hands Sister Doull's book will prove to be of great value in enabling readers to avoid discontent and unhappiness and to assist many couples to overcome the numerous minor troubles which through ignorance or lack of understanding, often threaten to wreck the lives of hitherto happy people.

CONCLUSION

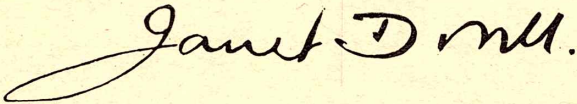
It must be very evident to you after reading the experiences of others, some of whom no doubt were under worse handicaps than you, that I am able to assist you to rise to these planes of happiness considered by some to be Utopian. Let me assure you it is not Utopian, it is within your reach—easy reach.

Perhaps you have only started tasting the joys of married life. Let me implore you not to risk wrecking your happiness by groping in the dark. You need a guide, something to assist you when confronted with the many complexities of married life. You owe it to your partner; you owe it to yourself.

Now for the price. The fee I charge is £3. Of course, you will understand that you are buying information. You are purchasing secrets that have, in many cases, taken scores of years of research work by my ancestors to be solved. I am under very heavy expense to bring my work under your notice. Advertising in the press, alone is a big item. I am sure you will realise that under the circumstances my book is cheap. I am really contracting to give you a happy married life for £3. Is that reasonable? I can hear you say, "Of course it is!"

I KNOW I will hear from you,

Ever your true friend,

A handwritten signature in dark ink, reading "Janet Doull". The signature is fluid and cursive, with a long, sweeping underline that extends to the left.

Many people after once writing to me, think I can remember them—their name, town, and district, so just sign their name, or sometimes street only. I want you to remember that I am very interested in your case, but I receive hundreds of letters, weekly, so it is a saving of time for me if you will put your full name and full address, and state your trouble, each time you write, and not say, "You remember what I told you last time?" I often have to hunt through hundreds of letters to find out what you mean. Also answering so many letters, with no stamp enclosed, runs into a lot of money. I love to hear from you, but try and remember these few items, and it will ease my load considerably.

JANET DOULL.

"DOUROL," THE ANTISEPTIC FOR WOMEN

It is my pleasure and indeed my duty to bring to your notice "Dourol," the wonder antiseptic. This disinfectant is being used by many women throughout New Zealand and Australia.

"Dourol" is a certain cure for all female weaknesses. Irritation, discharge, ulceration, also nasal catarrh and hemorrhoids (piles) can be completely cured by following my directions.

Sydney's leading Pathologist, of Sydney Clinical Laboratory, Macquarie Street, says, "That one part of Dourol to 1200 of water is as strong as one part to 100 of water of carbolic acid, and you can drink Dourol as strong as 1 in 50—which you cannot do with any other disinfectant." So all Typhoid, Diphtheria, Scarlet Fever, 'Flu, all affections starting in the throat, can be stopped at once, by gargling with Dourol at first sign of soreness.

The following unsolicited testimonials have come to hand recently, and I have much pleasure in quoting them:—

This from Wanganui:

"Words cannot express how much I thank you for your timely help. I had a bad confinement, lost my baby, and, to cap all, was left with a vile discharge that made me uncomfortable in company. Then you came along, Sister, and I am happy to say that after I used "Dourol" twice I am absolutely free."

Here is the experience of an Auckland lady:

"I am writing you a few lines to say what wonderful results I have had from your Sister Doull remedy, after suffering for nearly three years, and have only used it three times and have had no return of the irritating trouble.

A Grey Lynn Resident writes:

"I feel that I must convey to you my sincere gratitude for the relief I derived from your wonderful Hemorrhoid (Pile) treatment, namely "DOUROL." When I visited your offices about two months ago, I was in great pain—couldn't sit, walk or stand without considerable pain and inconvenience. After my interview my fears of operation, etc., vanished. That evening I set to work and was relieved immediately; now, after two months' treatment, I am absolutely cured—no sign of pain whatsoever, thanks to your wonderful 'DOUROL'—worth £1/1/- a bottle. I wouldn't be without it for all the 'tea in China.' You are at liberty to use this unsolicited testimonial in any way you wish. Wishing you every success in your good work."

A Remuera lady declares:

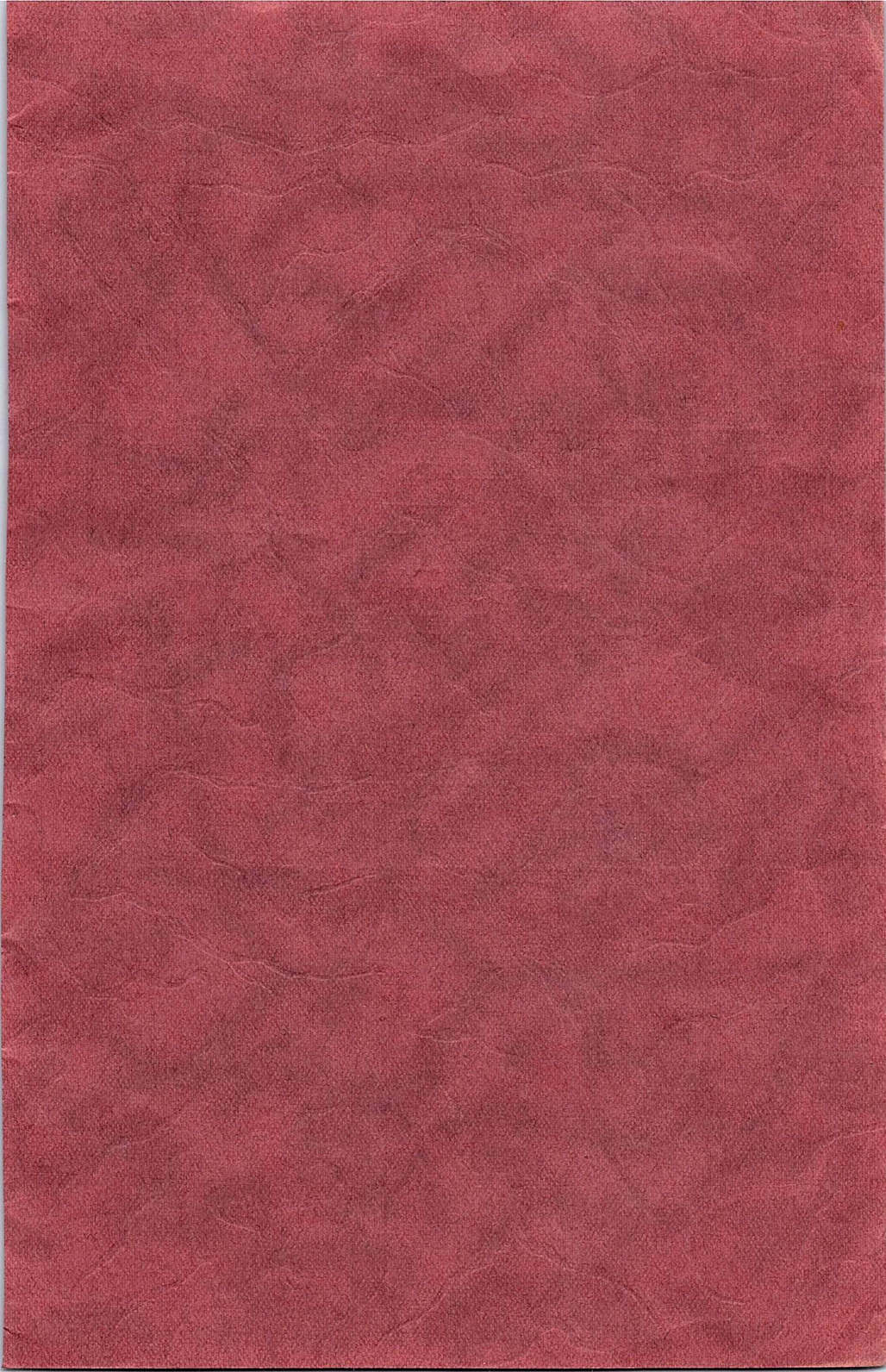
"I had a skin disease on my hand for four months which persisted in breaking out in spite of the treatment given me by two doctors and various chemists. I was persuaded to try your 'Dourol.' Needless to say I am delighted with the result, as the whole thing has cleared up.

"Wishing you the success you deserve, I give permission to you to use this testimony in any way you may choose to convince others that 'Dourol' is beneficial to anyone suffering from any skin disease."

It must be very evident to you from the above testimonials that no better disinfectant than 'Dourol' has yet been marketed.

I shall be pleased to send a bottle of "Dourol" on receipt of a 3/6 postal note.

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